

# Ravitos - Demi-marathon

|   | Eau | Gatorade | Gels | Barres<br>Fruitées | Éponges<br>d'eau | Fruits |
|---|-----|----------|------|--------------------|------------------|--------|
| 1 | X   | X        | X    |                    |                  |        |
| 2 | X   | X        | X    | X                  |                  |        |
| 3 | X   | X        | X    | X                  |                  |        |
| 4 | X   | X        | X    |                    |                  |        |
| 5 | X   | X        |      |                    | X                |        |